SOME
FRIENDLY CAUTIONS
TO THE
HEADS OF FAMILIES:
CONTAINING
AMPLE DIRECTIONS TO NURSES
WHO ATTEND THE SICK,
AND
WOMEN IN CHILD-BED, &c.

By a PHYSICIAN.

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MDCC LXVII.

MVSEVM
BRITAN
NICVM

ADVERTISEMENT.

THE Author, having, in the courſe of his Practice, met with many circumſtances, inclining him to believe that ſomething on the following Plan might be uſeful, has therefore been induced to lay his thoughts before the Public.

If they meet with approbation, he is rewarded; if not, he has only thrown away a few leiſure hours.

INTRODUCTION.

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AS it is the Phyſician's buſineſs to heal the ſick, it can hardly be ſuppoſed, that any endeavour which conduceth to Health, can either be deemed a thing below him, or unworthy of public acceptance; I venture therefore on a ſubject, which, ſo far as I know, hath not been attempted hitherto, though (as I humbly conceive) it has been abſolutely wanted.

What I mean principally, is a collective view of ſuch things as ought to be underſtood by thoſe, whoſe office it is to nurſe the ſick: An office, which, if well known, and rightly performed, is moſt certainly of great benefit to

mankind, how trifling ſoever it may appear; on the contrary, when it is either neglected, or badly executed, the moſt fatal conſequences often ariſe. To prove the truth of theſe aſſertions, I ſhall only appeal to every ſenſible Phyſician, whether, when the plan preſcribed by him hath been punctually obſerved, he has not commonly ſeen the diſeaſe either yielding readily to the remedies, or terminating in its uſual period, without any myſterious or difficult ſymptom ariſing through the courſe of it? Whereas on the contrary, when his plan hath been altered, as for inſtance, when the medicines have not been taken at the appointed times, when improper Diet has been given inſtead of that directed; when the air in the room, and many other circumſtances, have not been properly attended to, whether

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he has not then known the diſeaſe to be aggravated, and frequently diverted from its natural courſe (if I may be allowed the expreſſion); ſo that new ſymptoms have ariſen, and very often a new diſeaſe, which adding force to the former, the power of medicine hath been reſiſted, nature has been overcome, and death has enſued, even in caſes, where if no ſuch errors had been committed, there was the higheſt probability of the Patient's recovery. This is what I apprehend few will deny; the miſtakes indeed are commonly concealed artfully by the nurſe, who is too often imprudently influenced and ſupported by the Patient: Horrid indiſcretion! I muſt tell them, that the latter ſports with no leſs than life; and the former, not only with that, but character and conſcience alſo. For theſe reaſons, I

could wish the heads of families would deign to peruse this little work; not only because they will be forewarned of dangers, but being enabled also to judge (when sick) how they are treated by their nurses, they may know how to reward them accordingly, as their office hath been well or ill discharged.

Before we enter upon our subject, it may be necessary to observe, that none should be Nurses, unless they are possessed of the following qualities, *viz.* Honesty and Fidelity; without which they will not only injure others, but themselves also.

Sobriety is also essential. To be intoxicated with liquor is a disgrace to every woman, but unpardonable in those who are entrusted with the lives

of others. Let nurſes be aware of this ſhameful vice, and never give way to it, even tho' at one time they may be exhilarated with joy, and at another time depreſſed with care and fatigue; if they do, they will not only endanger the Patient, but infallibly loſe their characters, (almoſt as effectually, as if void of the above virtues) which once loſt, may never be regained, tho' their future maintenance may depend entirely on a good name. The more equal and cheerful they are in their diſpoſitions, the better, provided always that they keep their proper diſtances; and never incommode the Patient with idle chit-chat, diſagreeable ſubjects, or any thing that can occaſion ſudden ſurprize.

They muſt learn to be very quick and expert in the execution of their office,

office; yet without buſtle or noiſe; the track may be eaſily kept when once got into, and the objects to be attended to are but few, as for inſtance, thoſe which are comprehended in the five following Chapters.

CHAP. I.

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Of things to be obſerved relating to the CHAMBER.

IT being a well known Fact, that the Life of every Animal depends as much on Air as on Diet; and its health alſo, as much on the goodneſs of the former, as on that of the latter; care therefore ſhould be taken, what ſort of rooms we uſually either ſit or ſleep in, but more eſpecially ſo, when confined by ſickneſs.

Hot Climates require ſuch as are high and ſpacious. In this country, a room which is 16 feet long, 14 broad, and 10 high, is reckoned a good ſize, particularly for a bed-chamber; whether the length and breadth are more

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or leſs, the cieling ought never to be lower: If higher, or coved, the better, as thereby the foul air will have ſpace to aſcend, and make way for an influx below of that which is freſh and pure.

A chamber ought never to be lined with wood, or any kind of cloth whatever, but with paper only. If it is ſituated ſo as to receive the rays of the Sun ſome hours every day, it is the better; provided the weather is not extremely hot.

The Bed ſhould never be placed between the Door and the Chimney, if it can be avoided; for in this ſituation, the Air on the ſide next the fire will be rarified, and that from the door will come with ſo much force upon the Bed, as to endanger the Patient;

a ſcreen therefore muſt be ſo placed, as to prevent the cold air from ruſhing directly upon the bed. Even ſuppoſing no fire, yet if the Bed is thus ſituated, the air in moſt rooms will paſs ſo forcibly towards the Chimney, as to affect the Patient; though not ſo much as in the former caſe. Yet it is not adviſable to ſtop up the Chimney-place.

Whenever a Fire is required, it ſhould be kept equally up; though in a weaker or ſtronger degree, according to the nature of the diſeaſe, the ſeaſon of the year, and ſtate of the weather. The room, being brought to a due heat, ſhould never cool ſuddenly, nor the Fire be permitted to go entirely out; for the Air muſt be kept always in a ſtate as ſweet and temperate as poſſible; This ſeldom, or never, can be ſo well

known

known by the Patient, as by others. The Nurſe, in this reſpect, muſt be directed by the Medical Perſon who attends; and in his abſence by her own ſenſes, or by thoſe of others, who coming from the open air, will be ſenſible if any thing in the room is offenſive or diſagreeable.

When the foul air is to be changed, or the room cooled, the Door muſt be opened awhile, and if that be inſufficient, a window alſo; during which time the patient muſt be well covered, and ſcreened, leſt the torrent of cold air come directly upon him.

If the diſeaſe be the Small-Pox, and the weather very hot, it is often needful to keep a window open day and night, during the whole courſe of the diſeaſe; but

but in this caſe the Nurſe muſt take care that the Patient doth not lie in a ſtream of air, by keeping either the door, or another window open at the ſame time, unleſs it be for a minute or two, when the ſmell in the room becomes extremely powerful; always ordering things ſo, that perſpiration may be promoted as duly as poſſible, in the laſt ſtage of the diſorder. In ſhort, be the diſeaſe as it may, the Air in the room ſhould never be tainted with any ſmoke, duſt, putrid, or offenſive ſmell, if they poſſibly can be avoided.

The floor now and then muſt be ſprinkled with Lavender-Water or vinegar, eſpecially before it is ſwept; but it muſt never be waſhed either during the month of child-bed, nor the courſe

courſe of a fever, unleſs the Patient is able to be removed into another room, till it is perfectly dried.

Some Roſes and herbs, as for inſtance, Lavender, Sweet-Marjoram, Sage, Thyme, Balm, Mint, Southernwood, Rue, Feverfew, &c. may be placed in the room, and ſuch as are moſt agreeable ſmelled to by the Patient. When faint, ſome Lavender-water, or the ſteams of warm Vinegar, may be applied to the noſe; but ſmelling-ſalts, as they are called, and volatile ſpirits, ſuch as thoſe of Hartſhorn, &c. muſt be uſed with caution, for they are often pernicious.

If the Nurſe deviates from the above plan, it ought to be by the advice of the Phyſician, who knowing the caſe,

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it may be reaſonably ſuppoſed, will direct what is moſt ſuitable for the cure.

It is a misfortune to the Poor, that the Cielings of their houſes are generally very low, and that they are often obliged to have ſeveral beds in the ſame room; but what is worſe, (though uſually owing to their own ſloth and dirty diſpoſition) their linen being foul, and other filth, being ſuffered to remain in the Room, the air becomes tainted with the putrid ſteams: ſo that if a perſon falls ill, ſuppoſe of a Fever, in itſelf not malignant, yet, by giving Heartſhorn-Spirits, or Venice-Treacle, &c. in order to force ſweats, as is too often the caſe, the diſeaſe is not only increaſed, but often changed ſo much, that it becomes at

laſt a putrid or malignant, and frequently an infectious fever. For theſe reaſons, the ſick perſon's room ſhould be kept very clean, and as few ſleep in it as poſſible. People ſurely may be clean, though ever ſo poor.

The Floor ſhould alſo be ſprinkled with Vinegar, or ſtrewed with Herbs, as before directed; by which precaution, the infection will probably be nipt in the bud, and hence many lives ſaved, that otherwiſe would fall a ſacrifice.

CHAP. II.

CHAP. II.

Of what is to be observed concerning the BED, *and* SHIFTING *the* PATIENT.

§ 1. Of the Bedſtead there is little to be ſaid, but the Poſts ſhould be high, that the Teſter may allow an aſcenſion of the foul Air.

It is extremely needful to have the bed and bedding always as clean as poſſible, and the newer they are the better; for old ones contract a putridneſs, not only from the ſtagnated air which they contain, but from the deſudations of thoſe perſons who have lain in them.

Silk or worſted curtains, imbibe a humidity, which, together with the

duſt, occaſions nauſtineſs; ſuch therefore as can be waſhed, whenever they are not clean, are certainly the beſt, as for inſtance, thoſe which conſiſt of Linen or Cotton, or of both.

§. 2. Some people, (ſick or well) accuſtom themſelves to have the curtains drawn. This is a pernicious habit, for the air being thus confined, becomes replete not only with what is expired from the lungs, but likewiſe with a portion of the effluvia, from the reſt of the body: hence, in a ſhort time they draw in a conſiderable part of the excrementitious particles of their own bodies.

The air thus contaminated, is ſo noxious to a perſon who comes from the open air, that upon opening the curtains,

curtains, when viſiting ſuch patients, I have often been almoſt ſuffocated; I therefore wiſh, that people would adopt ſuch a method as the following, namely, to pin the curtains cloſe to the head of the bed; and from thence, when the weather is warm, to extend them downwards to near the middle, and when it is cold, to the feet-poſts only, without any opening on the ſides, by which means the air will not come directly upon the perſon's head, but gradually round, to afford a ſupply of freſh, and at the ſame time, to permit an eſcape of that which is foul.

When the weather is hot, two feather beds are not to be uſed, unleſs a matraſs is placed over them; for without this precaution the Patient will become faint and languid.

§. 3. The Bed at the beginning of an illness should be made as smooth as possible, but always higher at the head than at the feet; and clean linen, (not such as has once been used, of which some have a mighty notion, but such as is well dried) must be laid upon it; the patient then may go into it, and being covered with such a quantity of cloaths as accustomed to when in health, the curtains must be drawn as before directed.

Facts evince it, that light is conducive to health as well as to life; it is therefore an error (as I humbly conceive) to darken bed-chambers so much as now is the fashion, especially those of the sick. If indeed the patient is light-headed, or delirious, the fewer objects that are presented to his

this view, the better; or if his eyes are affected as in the Small Pox, and Measles, &c. the light muſt then be obſcured; but in other caſes its rays ſhould be freely admitted.

§ 4. In caſes of Women in Labour, when the Bed is to be got ready for delivery, it muſt be firſt prepared as above directed, and then the following linen added, namely, Take two ſheets, double them length ways, lay them one above the other acroſs the bed, over the under ſheet, and tuck in their ends on each ſide, below the bedding. Or inſtead of theſe, Take one ſheet, fold it twice, ſtitch a tape to each corner, then lay this ſheet acroſs, upon the under ſheet, and tie it tightly to the bedſtead on each ſide by the tapes. In this manner the bed muſt remain

after

after the delivery. But to keep it perfectly clean during that operation, the following conveniencies must be added alſo:

§. 5. Place a baſil ſkin upon the croſs ſheet, and over it two ſheets four times folded, one upon the other, the uppermoſt with its end hanging over the right ſide of the bed; upon theſe the patient muſt lie, and over her another ſheet being laid acroſs below the upper ſheet, with that end which is towards the right ſide of the bed turned back over the coverings and pinned, every thing then will be kept clean and in proper order. If the weather be hot, or the labour violent, the upper coverings muſt be accordingly leſſened, until the operation is ended.

§. 6. When

§. 6. When the patient is delivered and has reſted awhile, ſhe muſt be dreſt with the ſuitable apparel, the ſheet which lay acroſs above her, and thoſe which were doubled below, together with the baſil ſkin, muſt be taken away, and then ſhe will remain very comfortably, in the clean linen with which the bed before was prepared.

§. 7. When perſons are not in affluent circumſtances, and, conſequently cannot be ſo well provided with ſuch requiſites as above mentioned, things then muſt be conducted as follows:

The bed being prepared with the linen which the patient had uſed before, and a baſil ſkin with a ſheet or two doubled, above it, placed as in §. 5.

ſhe

she then may undress and go into it, as soon as the obstetrick operator gives orders.

When she is delivered, and has rested about half an hour, she may then be taken up, and things conducted in the following manner:

Place a large chair near that side of the bed where the operator sat, spread over it a blanket or quilt, wrap the patient in the sheets in which she lay, the leather and cloaths which were under being included, and kept close to her, set her immediately on the chair, cover her up with more cloaths if needful, and then lay the chair back on the knees of an assistant, who must sit on another chair at a little distance behind, and support this chair and the patient upon it, in an horizontal po-

sition,

ſition, till the bed is prepared as directed in ſect. 3. and 4. that is, with the clean linen and croſs ſheet; whilſt in this ſituation, a pillow being under the head, ſhe will remain ſafe, without any danger of fainting, or getting cold. When the bed is ready, as an aſſiſtant warms it, the chair muſt be moved to the ſide of it, then raiſed up, and the patient be dreſt as quickly as poſſible with the clean apparel; this being done, ſhe muſt ſtand up between two aſſiſtants, at which inſtant warm linen muſt be applied properly, to prevent cold, and as the clean apparel deſcends, the foul things muſt fall before it. Having now ſtood about the ſpace of half a minute, whilſt the clean dreſs is kept cloſe, ſhe muſt turn round, and ſit down upon the edge of the bed, then lay herſelf upon her

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right ſide and be covered up. When things are conveniently placed, and thus managed, this whole work is performed eaſily, without buſtle, in fifteen minutes, the patient is in no danger of getting cold, and ſhe ſeldom faints; if ſhe does, ſhe muſt be immediately laid back, with the chair into an horizontal poſition again, and ſhe will ſoon recover; after which the nurſe muſt proceed as before.

After this time ſhe ought never to be taken out of bed till the beginning of the fourth or fifth day, and then cautiouſly, in the following manner, for cold being caught even now, is commonly attended with danger.

Before ſhe riſes, the room muſt be well warmed, and a chair placed by the

the ſide of the bed, with a blanket or quilt over it; ſhe then muſt be taken up, with the linen in which ſhe lay, and being covered up, either ſit in the chair, or if faint, be laid back as before directed, till the bed is prepared a-new, and her dreſs alſo changed as occaſion requires. This being done ſhe muſt repair to bed, and continue there till the ſeventh day, when ſhe may dreſs, and ſit up about an hour, or more, if no illneſs forbid it; but if ſhe is feveriſh ſhe ought not to be taken up even now, unleſs by conſent of the Phyſician who attends, for as he can judge of the caſe, he will know if it may be done or not.

After the firſt week, (no indiſpoſition forbidding) ſhe may riſe every

day,

day, and ſit at firſt about an hour or two, and then longer as her ſtrength recovers, which after the twelfth day will be aſſiſted by lying now and then upon a bed or couch for an hour or ſo, and then ſitting up again.

During the whole month ſhe ſhould avoid the fatigue of many viſitors as much as poſſible, and thoſe whom ſhe receives ought not to ſtay long in the room, leſt thereby ſhe be incommoded.

§. 8. Whenever a ſick perſon is taken up till the bed is made, the above method ſhould be obſerved, be the diſorder what it may, unleſs it is a fracture in ſome part of the lower limbs; if ſo, the Surgeon muſt be preſent, to take care that the bones are not

not disturbed, and the callus consequently not injured.

It is of great moment to the sick to have their linen shifted as often as it becomes foul or offensive; that which is used should be perfectly dry and clean, and not such as hath been used once or twice since the time it was washed, as the vulgar error is; for by this it will contract a humidity of that nature, which is to be avoided as much as possible.

There is a custom remaining among the common people, in respect to the Small-Pox, which is really to be lamented, it is this; They will not shift their linen till the pustules are dried. Whoever will give themselves but time to reflect, must be convinced,

that

that no diſeaſe, (putrid fevers excepted) requires more cleanlineſs in nurſing than the Small-Pox, eſpecially the confluent kind.

I muſt own, that in ſuch caſes I have uſed all the arguments in my power, to enforce the neceſſity of admitting the freſh air, and of ſhifting the linen, &c. yet ſometimes the obſtinacy (I cannot help calling it the cruelty) of nurſes, nay ſometimes that of the neighbours alſo, has been ſo great, as to prevent their complying; and to my farther mortification, I have in ſuch caſes known the patient ſink, and even die, under the influence of the morbid ſteams ariſing from his own body, and the filthy cloaths around him: whereas if he had been kept clean, and the pure air admitted

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as adviſed, I have been perfectly convinced, in my own mind, that he muſt have done well. I cannot, therefore, but heartily wiſh, that this prepoſterous and deteſtable cuſtom may be ſpeedily exploded.

CHAP. III.

CHAP. III.

Of DIET.

THE health of the Human Body having a great dependance upon the quantity and quality of the Blood and Juices, and it being plain, that all those aliments which preserve and maintain a just temperament, and a due quantity of these, are beneficial to Health, whereas such as have a contrary tendency, are to be reckoned unwholsome: a particular regard is therefore to be had to the choice of our Diet, even whilst we are in perfect Health. The prevailing Fashion at present is, to make one repast consist of a variety of Dishes. This mode whilst observed with moderation is laudable, for such a meal will digest

sooner,

ſooner, and with leſs uneaſineſs to the Stomach, than one conſiſting only of one diſh; even ſuppoſing the quantity eaten is not quite ſo much as that of the former. And moreover, there is reaſon to believe (as I am informed by an ingenious friend, who hath made many experiments upon living animals, relative to digeſtion,) that the chyle is always the ſame, let the ſubſtance from which it is produced, be either vegetable or animal: that when it appears to be in any reſpect different, it is owing to its being mixt with ſuch ſubſtances as are indigeſtible in the ſtomach, ſuch as the Juice of Madder, &c. and that every thing that goes perfectly thro' the digeſtive fermentation, conſtantly produces a ſubſtance that is alike in all its parts.

But then we muſt ſuppoſe, that the materials which conſtitute each of theſe meals are not ſpoilt in the dreſſing; that is to ſay, that neither by a diſſimilar commixtion, nor by the Action of the fire, they are rendered either acrimonious, or totally effete, hence improper for nutrition; for I am apt to think, that this happens too often, even in the moſt faſhionable method of dreſſing victuals.

If we take but a curſory view of the preſent ſtate of Cookery, we ſhall find that many of thoſe Diſhes which are reckoned the moſt elegant, conſiſt of above Twenty articles, ſome near Forty, and many of them though very incongruous and inſignificant, yet extremely expenſive: nay, an in-

credible

credible quantity of the moſt wholeſome food is often deſtroyed in the production of one trifling article, which when obtained, ſerves for little elſe, than to render ſome heterogeneous farrago, (though agreeable to the palate) more improper for nutrition.

Can we reflect on all this, and not wonder how the opulent, whom we may ſuppoſe to be the moſt reaſonable part of the community, can be thus impoſed upon; not only in being made the inſtruments of enhancing the price of proviſions, eſpecially now, when its exorbitancy is ſo juſtly complained of; but in habituating themſelves to the uſe of ſuch aliments as are better ſuited for the maintenance of Diſeaſes than for that of Life.

Whoever

Whoever indeed is nice in the gratification of his palate, may enjoy ſome pleaſure whilſt he feeds on theſe delicacies, which conſiſt uſually, firſt of a great variety of animal kinds, and then ſucceeded by different paſtries, confections, and fruits; but then let me aſk him, do they not often tempt him to exceed the bounds of moderation, by eating ſo copiouſly, that he ſoon finds his intellects are obſcured, that his ſtomach is oppreſſed, and that his whole body is indiſpoſed? Has he not known ſome of his acquaintance who have commonly fared ſo luxuriouſly, either die apoplectic, or linger on with gouty pains, &c. In ſhort, tho' it cannot be ſuppoſed that this exuberant way of eating (which prevails remarkably, even now, amongſt the middling

middling ranks of people) has been introduced, by either any particular Perſon or Nation, with a deſign to hurt us, yet this obſervation, I preſume, may be made upon it, viz. that there was never a cuſtom better ſuited to enfeeble, and at laſt to deſtroy, the conſtitutions of Britiſh ſubjects, even at the expence of their own fortunes.

A volume might be written, and very uſefully too, upon this heads but leaving it to ſome abler pen, I ſhall return to the deſign intended, namely, to deſcribe the preparations of ſuch aliments as are moſt proper for the ſick; with an intention that the Nurſe (who ought to be the Cook with reſpect to this part of Diet) may have rules to go by; and

that

that the Phyſician, or medical perſon who attends, may not only have a monitor to aſſiſt him, in ſome reſpect, in chuſing ſuch as are ſuitable to the caſe before him, but that the preparation itſelf may be rendered more certain than it too often happens, when verbal directions are given only.

In preparing of all kinds of Aliments, it is eſſentially neceſſary to be very cleanly, but more eſpecially in that for ſick people, whoſe ſtomachs are often ſo greatly weakened and diſordered by the diſeaſe, as to put the Phyſician to his utmoſt invention in finding out, by way of Diet, what is agreeable to Nature. The Nurſe therefore muſt not only be cleanly in her perſon, as obſerved before, and in the

the materials which she uses; but she must take care that the vessels in which they are dressed, are either Silver, Iron, or Copper well tinned, and kept as perfectly clean as possible.

In preparing of all kinds of Aliments, it is eſſentially neceſſary to be very clean; but more eſpecially in the ſick people, whoſe ſtomachs are often ſo greatly weakened and diſordered by the diſeaſe, as to put the Phyſician to his utmoſt invention in finding out, by way of Diet, what is agreeable to Nature. The Nurſe therefore muſt not only be cleanly in her perſon, as obſerved before, and in the

SAGE-TEA.

Take of

The leaves of green Sage, plucked from the ſtalks and waſhed clean, half an ounce;

Loaf Sugar one ounce;

Outer rine of Limon-peel, undried, a quarter of an ounce;

Boiling water, two pints.

Infuſe them in a deep veſſel for half an hour, and then ſtrain off the Tea.

When the Sage is dried, it muſt be uſed in a leſs proportion than that above.

In the ſame manner Teas may be made of Balm, Roſemary, Southernwood, &c. the Limon-peel being omitted, or not, and the Sugar leſſened or increaſed, as occaſion requires.

ROSE-

ROSE-TEA.

Take of

Red Rose-buds, the white heels being taken off, half an ounce;

White-wine Vinegar, three spoonfuls;

Double refined Sugar, one ounce;

Boiling Water, two pints.

Infuse them in a white stone, or porcelain veſſel, well covered, for two hours, and then ſtrain off the Tea.

When the roſes are dried, a quarter of an ounce will be ſufficient.

OATMEAL-TEA.

Take of

Oatmeal, one handful;

Boiling Water, one gallon.

Mix

Mix them in a deep pan, and when they have ſtood about half an hour, or until the meal is ſubſided, ſtrain off the tea.

BRAN-TEA.

Take of

Bran, freſh ground, two handfuls;
Common Treacle, one ſpoonful;
Boiling Water, ſix pints.

Mix them well, and when they have ſtood, covered, about three or four hours, ſtrain off the tea.

LINSEED-TEA.

Take of

Linſeed, whole, one ounce;
Double refined Sugar, an ounce and an half;
Limon-juice, two ounces;
Boiling Water, two pints.

Infuſe

Infuse them in a ſtone or porcelain veſſel, for ſome hours, and then ſtrain off the liquor.

An ounce of Liquorice, ſhaved, may ſometimes be uſed inſtead of the ſugar.

MALT-TEA.

Take of

Ground Malt, one pint;

Boiling Water, three pints.

Stir them well together, and let the mixture ſtand, cloſe covered, for three hours, after which ſtrain off the liquor.

CAMOMILE-TEA.

Take of

Camomile-flowers, one handful;

Boiling Water, one gallon.

When

When they have stood covered up, about half an hour, strain off the liquor.

If this Tea is to be drank to strengthen the stomach, it must be made stronger, as for instance, about a quarter of an ounce to a pint.

WHITE-WINE WHEY.

Take of

New Milk, two pints;

Water, one pint;

White-Wine, one gill.

Put the milk and water into a saucepan well tinned, and set them upon a clear fire, and when they begin to boil, throw in the wine. Boil them about fifteen minutes, during which time, as the curd, or cheesy part collects, take it off with

with a ſpoon, and if the whey is not clarified enough, * with this quantity of wine, add a ſpoonful or two more; then boil it a little longer and ſkim it, by which means it will become ſufficiently fine, and then it may be poured into a baſon for uſe.

When it is to be made weaker, it muſt be boiled longer, that is, till the ſpirituous part of the wine flies off. But when it is to be made ſtronger, or when it is to be prepared with Sorrel-juice, Cider, or Cream of Tartar, &c. directions will be given accordingly by the Phyſician who attends.

LIMONADE.

* Or it may be clarified thus, beat the white of an egg, let the whey cool, mix them together, boil them for a minute or two, and then ſtrain off the whey through a cloth.

LIMONADE.

Take of

The outer rind of freſh Limon-peel, about one drachm;

Limon-juice, one ounce;

Double refined Sugar, two ounces;

Boiling Water, a pint and half.

When they have ſtood in a ſtone, or porcelain baſon, about ten minutes, ſtrain off the liquor.

ORANGEADE.

Take of

The freſh outer rind of Seville Orange, one drachm;

Orange-juice, two large ſpoonfuls, and about one half;

Double-refined Sugar, one ounce and about three quarters, or enough

enough to make it of an agreeable fweetnefs;

Boiling-Water, one quart.

When they have ſtood in a white ſtone or porcelain veſſel, about ten minutes ſtrain off the liquor.

The EMPERIAL DRINK.

Take of

Cream of Tartar, one drachm;

The outer rind of freſh Limon or Orange Peel, half a drachm;

Loaf Sugar, one ounce;

Boiling Water, two pints.

When they have ſtood in a white ſtone or porcelain veſſel about ten minutes, ſtrain off the liquor.

OXYCRATE.

Take of

White Wine Vinegar, four ſpoonfuls;

Virgin Honey, an ounce and half;

Spring Water, one quart.

Mix them together in a white ſtone or porcelain veſſel.

If Honey diſagrees with the patient, this drink may be ſweetened with ſugar inſtead of it.

BARLEY WATER.

Take of

Pearl-Barley, two ounces;

Water, two quarts.

Waſh the Barley firſt well with ſome cold water, then pouring on about half a pint of water, boil it a little while, and this water which will be coloured, being thrown away, put the Barley into the quantity of water above directed, firſt made boiling hot, boil away to half, and then ſtrain off the liquor.

BRAN

BRAN DECOCTION.

Take of

Bran, newly ground, two handfuls;
Water, three Quarts.

Boil till only two quarts remain; then ſtrain off the liquor, and add to it a quarter of a pound of the beſt Honey.

BUTTERED WATER, *or what the Germans call* EGG SOUP.

Take of

Water, one pint;
The Yolk of an Egg;
Butter, the bigneſs of a ſmall walnut;
Sugar enough to make it agreeably ſweet.

Beat up the yolk with the water, and then add the butter and ſugar.

Stir it all the time it is upon the fire, when it begins to boil, pour it to and fro between the ſaucepan and mug till it is ſmooth and well frothed, and then it will be fit to drink.

WATER GRUEL.

Take of

Oatmeal, two large ſpoonfuls;

Water, one quart.

Mix them well, and boil them about ten or fifteen minutes, ſtiring often; then ſtrain the gruel through a ſieve, and add ſugar and ſalt enough to make it agreeable to the taſte. When it is deſigned as a meal, diſſolve in it a little butter, and then add bread and nutmeg as occaſion requires.

RICE

RICE GRUEL.

Take of

Ground Rice, two ounces;

Cinnamon, a quarter of an ounce;

Water, four pints.

Boil them above half an hour, the cinnamon being put in near the latter end of the decoction, then ſtrain the gruel through a ſieve, and add of double-refined Sugar, (Sugar of roſes, or Syrup of Quinces) enough to make it agreeable to the patient's taſte.

When this is to be uſed as a meal, the rice muſt be boiled above an hour, in only a quart of water, with half the quantity of cinnamon thrown in towards the latter end of the decoction, and then wine added, as occaſion requires.

WHITE

WHITE CAUDLE

Take of

Oatmeal, two ſpoonfuls;

Water, one quart;

Mace, two or three blades;

Three or four Cloves.

Mix them well together, boil them about fifteen minutes, ſtiring often, then add a few ſlices of the outer rind of a Lemon; when the mixture has boiled about fifteen minutes, ſtrain it through a ſieve.

As it is uſed, add to it white Wine, grated nutmeg, and double-refined Sugar, enough to make it agreeable to the Patient. Toaſted Bread is to be added likewiſe, as her appetite requires.

BROWN

BROWN CAUDLE.

Boil the gruel as above, with three ſpoonfuls of the oatmeal, then ſtrain it, and add a quart of good mild ale; boil it again, and then as it is uſed, add toaſted bread, nutmeg, and ſugar, as before directed.

Some approve of a little wine in this alſo, but then leſs ale muſt be uſed in the firſt compoſition. Others like a few ſlices of ginger, ſome Jamaica pepper, or both, with the above ingredients, but if the patient is feveriſh, theſe had better be left out.

PANADO.

Take of

Bread, one ounce;

Mace, one blade;

Water, one pint.

Boil

Boil them, without ſtiring, till they mix and turn ſmooth, then add a little grated nutmeg, a ſmall piece of butter, and ſugar enough to make the mixture agreeable.

When butter is not approved of, two ſpoonfuls of wine may be uſed in its ſtead.

SAGO.

Take of

Sage, one large ſpoonful;

Water, about three quarters of a pint.

Boil them gently, ſtiring often, till the mixture is ſmooth and thick, then add two ſpoonfuls of wine, a little nutmeg, and ſweeten it to the taſte.

SALUP.

Take of

Salup, finely powdered, a tea ſpoonful;

Water, half a pint.

Mix the ſalup well in a cup of the water, then add the reſt, and put the mixture into a ſaucepan, ſet it over a clear fire, and keep it continually ſtiring, till it acquires the conſiſtence of a jelly; add to it a large ſpoonful of wine, a little nutmeg, and ſweeten it to the patient's palate.

The WHITE DRINK.

Take of

Burnt Hartſhorn, prepared, two ounces;

Gum Arabic, an ounce and half;

Water, three pints.

Boil

Boil the water away to a quart, and then ſtrain. Red Wine and Sugar may be added, as occaſion requires.

RENNET WHEY.

Take of

New Milk, one quart;

Rennet, a large ſpoonful.

Put the milk into a ſaucepan, and when it is a little more than milk warm, mix the Rennet with it, keep it on the fire in a gentle degree of heat, till the curd, which as it ſeparates from the ſerous part and collects, is taken off with a ſpoon, and then the whey will be fit for uſe.

The Rennet is prepared thus: Take a Calve's Bag, with the curd in it, (that is the Duodenum replete with congealed

congealed Chyle) pick the hairs entirely out, and wash the curd, and likewise the bag, very clean with water, then put the curd into the bag again, with near half a pound of Salt, and let them stand in a clean glazed pan about a week; then take three pints of water and one pound of salt, boil and skim until the liquor comes to two pints, set it by, and when it is cold, pour it upon the bag in the pan. When it has stood thus about a week longer, the brine or liquor, (now called rennet) will be fit for use, and keep good for several months.

N. B. Whoever has not an opportunity of making this, may obtain it from the pastry-cooks, who generally prepare it right, and keep it by them.

VUL-

The VULNERARY DRINK.

Take

Ground-Ivy, Colts-Foot, and Liquorice, each one ounce;

Elecampane, half an ounce.

Boil them in four pints and an half of Water, to two quarts, and then ſtrain off the liquor.

The PECTORAL DRINK.

Take of

Common Barley and Raiſins ſtoned, each two ounces;

Liquorice root, half an ounce;

Water, two quarts.

Boil the water firſt with the barley, then add the raiſins, and afterwards near the latter end of the boiling, the liquorice. The decoction then will be fully compleated, when one quart only

only of the liquor will be left after straining.

OATMEAL FLUMMERY.

Take of

Oatmeal (or grits) what quantity you please; put it into a broad deep pan, cover it over with water, ſtir them well together, and when they have ſtood about twelve hours, pour off the water ſo long as it runs clear, that is, till it comes to the mealy part; then pour on a larger quantity of freſh water, mix, and let them ſtand twelve hours more; then pour off the cleareſt part of this alſo, and repeat the proceſs again about twelve hours afterwards. When the oatmeal has been thus ma-

cerated

cerated about thirty-six hours, the clear water being poured off and thrown away, the thick or mealy part muſt be ſtrained through a hair ſieve, and put into a well tinned ſaucepan; this being done, let it be well ſtired while it boils, upon a clear fire, until it acquires a thick conſiſtence; it is then to be taken off the fire, and poured into diſhes, and when cold turned out upon plates and eat with milk, or rather with wine and ſugar, or cider and ſugar.

POTATOE FLUMMERY.

Take of

Potatoes, one pound.

Boil them gently in a ſufficient quantity of water, till they are brittle or tender

tender, then take them out of the water, and peel the ſkins entirely off. When this is done, add ſalt enough to ſeaſon them, maſh them well, and put them into a ſaucepan again, with a quarter of a pint of milk, and two ounces of butter; warm them a little, during which time let them be well mixed, and beat fine and ſmooth with a ſpoon. The mixture then which may be called Flummery, will be fit for uſe, and may be eat either by itſelf, or with bread.

BREAD SOUP.

Take

The upper cruſt of a Roll, the drier the better; cut it into pieces, and put it into a ſaucepan, with a pint of water, and a piece of butter about half as big as a walnut; boil them

SOUP MEAGRE.

Take of

Butter, half a pound.

Put it into a deep ſtew-pan, place it upon a gentle fire till it melts, ſhake it about, and let it ſtand till it has done making a noiſe; have then ready ſix middling onions peeled and cut ſmall, throw them in, and ſhake them about. Take a bunch of Sellery, clean waſhed and picked, cut it in pieces about an inch long, a large handful of Spinage, clean waſhed and cut ſmall, a little bundle

of parſley chopped fine, ſhake all theſe together in the pan for about a quarter of an hour, then ſprinkle in a little flour. When they are ſtirred again, pour into the ſtewpan two quarts of boiling water, then take of the dry hard cruſt of bread broken into pieces, one handful; of beaten pepper a tea ſpoonful; of mace three blades, beat fine; put theſe into the mixture and boil them gently half an hour: take all now from the fire, beat up the yolks of two eggs and ſtir them in, then add a ſpoonful of vinegar, and the ſoup will be fit for uſe. The vinegar may be left out if it diſagrees with the patient, or is inconſiſtent with the medical plan obſerved in the cure.

GREEN PEASE SOUP.

Take of

Young Green Peaſe, half a pint;

Two large cabbage letuces, waſhed clean and cut into ſlices;

Three middling ſized onions, cut alſo into pieces;

Beaten Black Pepper, a tea ſpoonful, or more if required;

Water, one quart;

Salt enough to make it agreable.

Put all theſe into a ſaucepan, and ſet them upon a gentle clear fire, cover the ſaucepan, and let them ſtew a full hour, then add two ounces of freſh butter, mixed up with flour; ſtir all well together, and when they have boiled about fifteen minutes longer, the ſoup will be well prepared.

This Soup may happen to be too flatulent for a ſtomach which is very weak; but when the valetudinarian begins to recover health, eſpecially before animal food is to be allowed, it will in ſome caſes be found uſeful as well as agreeable, for which reaſon it is inſerted here.

MUTTON BROTH.

Take of

A Loin of Mutton, one Pound;

Water, three pints.

Put them into a ſaucepan, and ſet it upon a clear fire, throw in a little ſalt, and as the ſcum riſes take it carefully off with a ſpoon; then add a little onion, if there is no objection to it, and two blades of mace. Boil till the meat is very tender, then

take it out, pour the broth into a bason and when cold skim the fat part, which is congealed on the surface, entirely off; after which a part of the broth may be warmed and given to the patient as often as needful. A little boiled Rice may be added here occasionally.

MUTTON BROTH *with* BARLEY.

Take of

Scotch Barley, two large spoonfuls;

Water, one quart.

When they have boiled for half an hour, pour the water entirely off, and add three pints of fresh water, one pound of lean scrag of mutton, and a little salt. Boil again, and take the scum off as it rises; this being done, throw in one onion of

a

a middling size, two turnips, sliced, and a little parsley; then having boiled till the meat is tender, the broth will be fit for use.

BEEF BROTH.

Take of

Lean Beef, as clear of fat as possible, four ounces;

Water, a pint and half;

Salt, sufficient to season it.

When it begins to boil, skim it for five minutes, then add about two blades of Mace, and continue the boiling ten minutes longer, which being done, the broth may be poured into a bason for use.

CHICKEN

CHICKEN BROTH.

Take

A middling ſized Chicken, divide it into two parts, take the ſkin and fat entirely off, put one half into a ſaucepan, with a quart of water, ſeaſoned with a little ſalt; as the ſcum riſes take it off, then add a blade or two of mace, and a cruſt of bread, and when boiled about three quarters of an hour in all, the broth will be fit for uſe.

ANOTHER WAY.

Take

The fleſhy part of the legs of a Chicken, without ſkin, fat, or bones, put it into a ſmall ſaucepan, with a pint and half of water ſeaſoned with ſalt; boil, and as the

the ſcum riſes, which will not be much, take it off, then add a blade of mace, a little bundle of parſley, and a cruſt of bread; when they have boiled about half an hour, the parſley may be taken out, and the broth will be fit for uſe.

EEL BROTH.

Take Six ſmall Eels waſhed clean, and the ſkin ſtript off; cut them into pieces about an inch and half in length, put them into a pint and half of water, with a little ſalt; when they begin to boil, take off the ſcum as it riſes. This being done, add two blades of mace, ſix whole pepper corns, and a little parſley, then let them ſtew about

about half an hour, and the broth will be fit for use.

This is placed here instead of Viper-Broth. The Physician will direct when it is proper to be taken.

BOILED CHICKEN.

Take

Thin slices of Bread, pour upon them some of the chicken broth as above prepared, and then lay the Chicken as then boiled, over them.

Let this be eaten without any other sauce.

When the appetite is more recovered, and the case permits, it may be dressed as follows:

Take

Half a Chicken, wash it clean from the blood, and put it into a saucepan with a quart of boiling water, seasoned

ſeaſoned with a ſufficient quantity of ſalt. As the ſcum riſes, take it off, and when the chicken has been boiled about half an hour, it may be laid upon a plate, over ſuch ſippets as above directed, and the lean parts of it eaten either with thoſe, or with parſley and butter ſauce.

STEWED CHICKEN.

Take

A good Chicken, and half boil it, then lay it upon a pewter or ſilver diſh, cut off the wings and legs, ſeparate their joints, then take off the breaſt bone, and if enough of liquor does not drain from the fowl, add a few ſpoonfuls of the broth. Put in a blade of Mace and a little ſalt, cover the whole up cloſe with another diſh, ſet it over

over a stove, or chafing-dish of coals, let it stew till the Chicken is enough done, and then serve it up hot to the table, in that dish in which it was stewed.

N. B. Rabbets, Partridges, and Moor-Game, may be dressed the same way.

BOILED PIGEON.

Take

One Pigeon, drawn, skinned, and washed very clean; boil it in a sufficient quantity of milk and water, that is, about half a pint of each, for fifteen minutes. When thus prepared, it may be taken out, and eat with the following sauce;

Take

The liver parboiled, bruise it fine, with a little parsley boiled and finely

finely chopped, melt some butter, and mix a little of it first with the liver and parsley, then add the rest, and pour the whole upon the pigeon.

A PIGEON *Stewed in Paste.*

Take

A Pigeon drawn and washed clean, season it with pepper and salt, inclose it in puff paste; tie the whole in a cloth, that the paste does not break, and then boil it in water an hour and half. When the bag is untied, and it is put upon a plate, a little gravy sauce may be used with it; or if that is not agreeable, let it be eaten with the gravy only which is contained in itself and the paste.

BOILED

BOILED PARTRIDGE.

Take

One Partridge, drawn and washed very clean, put it into a saucepan with a quart of boiling water, seasoned with a little salt; take off the scum as it rises, and let the boiling continue about ten or fifteen minutes, by which time the Partridge being done enough, may be eaten with the following sauce:

Take

The crum of a French Roll;

Water, half a pint;

Pepper, about six corns;

A piece of Onion, if no objection to it;

And a little salt.

Boil it to a smooth consistence, then add about the bigness of a walnut of butter, and when mixed it will be ready for use.

BOILED

BOILED FLOUNDER.

Put the Flounder into a ſtew-pan, with a ſufficient quantity of boiling water, ſeaſoned with a little ſalt; take off the ſcum, and continue the boiling about ten minutes, then take the Flounder out, and when it has lain awhile upon a fiſh-plate to drain, it may be eaten with parſley and butter ſauce.

BREAD PUDDING.

Take of

Crums of Bread, about half a pound;

New Milk, about three quarters of a pint.

Pour the milk boiling hot upon the bread, and let it ſtand about an hour covered cloſe up; then add the yolks

yolks of two eggs, well beaten; a little grated nutmeg; about a ſpoonful of roſe-water; a little ſalt, and ſugar alſo, if agreeable; beat the bread well, and mix the whole together with a ſpoon. Tie it then cloſe up in a clean linen cloth, and when the water boils, put it in; boil about three quarters of an hour, then take it out, lay it upon a plate, pour over it ſome melted butter, mixed with a little mountain wine, if there is no objection, and ſprinkle a little ſugar over all.

BREAD PUDDING *without Eggs.*

Take

A French Roll, pour over it half a pint of boiling milk, cover it cloſe, and let it ſtand till it has ſoaked up the milk, tie it then up lightly

lightly in a cloth, and boil it a quarter of an hour. When it is laid upon a plate pour a little melted butter over it. If there is no objection, ſome mountain wine may be mixed with the butter, and the whole ſprinkled over alſo, with powdered ſugar.

BATTER PUDDING.

Take of

Flour, three ſpoonfuls;

Milk, one pint;

Salt, half a tea-ſpoonful;

Beaten Ginger, Nutmeg, and Tincture of Saffron, each a tea ſpoonful.

This pudding may be eat as the preceding, with a little melted butter, wine and ſugar.

When Eggs are allowed, the yolks of three, and white of one, muſt be beaten well together, then mixed with the above ingredients, and boiled only about half an hour.

RICE

RICE PUDDING.

Take of

Ground Rice, three ounces.

Put it into a pint of milk, and let it boil till it is pretty thick, ſtirring it all the time; then pour it into a pan, ſtir in a quarter of a pound of ſweet beef ſuet, chopped very fine, and two ounces of ſugar. When it is cold, grate in half a nutmeg, beat three eggs, with a ſpoonful of ſack. Beat and mix all well together, pour it into a diſh, firſt rubbed over with a little butter, and then bake it.

RICE PUDDING, *without Eggs.*

Take of

Rice, two ounces.

Boil it in a pint of milk, ſtir it that it does not burn, when it begins to be

be thick take it off, let it stand till it is a little cool, then mix well in two ounces of butter, half a nutmeg grated fine, sugar enough to make it agreeably sweet; pour it into a proper dish, first rubbed over with a little butter, and bake it.

APPLE PUDDING.

Take

Three middling sized Apples, pared, and cut in quarters, with the cores taken out, lay them in a good puff paste of about half an inch in thickness. When the paste is cloſed up, tie it tightly in a cloth, put it into boiling water, and when boiled an hour, take it out, put it upon a plate, open it upon the top, and then put in a little

butter, and ſugar enough to make it agreeable to the palate.

POTATOE PUDDING.

Take of

Potatoes, one Pound.

Boil them, and take the ſkins entirely off, then beat them in a mortar; mix in four ounces of melted butter, tie the whole up in a cloth well floured, and boil it again for about half an hour; when it is turned out, and laid upon a plate, pour ſome melted butter, mixed with two ſpoonfuls of white wine, and one ſpoonful of orange juice, over it. A little powdered ſugar, alſo, may be ſprinkled over all.

BLANC MANGER.

Take of

Iſinglaſs, ſliced, one ounce.

Infuſe it in cold water twelve hours, pour the water off, and then put the Iſinglaſs into a quart of new milk, with three or four Bay-Leaves, freſh gathered; ſet it upon a clear fire, ſtir it very often till the Iſinglaſs is diſſolved, and then ſtrain it through a hair ſieve. Add of double refined Sugar, enough to make it agreeably ſweet, and two ſpoonfuls of Orange-Flower Water; theſe being well mixed, and when it has ſtood about a quarter of an hour, pour it then into proper cups, firſt wet. When cold turn it out upon plates, as it is to be uſed, and ſtick into it ſome

ſmall Pieces of blanched Almonds.

It may be eaten with ſugar and wine, &c.

HARTSHORN JELLY.

Take of

Hartſhorn-Shavings, half a pound;

Water, three pints;

White Sugar-Candy, in powder, ſix ounces;

Mountain Wine, a quarter of a pint;

Orange or Limon Juice, one ounce.

Boil the Hartſhorn with the water, by a gentle heat, in a ſilver, or well tinned veſſel, till two parts are waſted; ſtrain out the remaining liquor, add to it the other ingredients, and boil the whole over a gentle fire, to the conſiſtence of a ſoft jelly.

If

If half a pint of this Jelly is diſſolved in a quart of barley-water, it makes an excellent drink in ſome caſes; but when neither wine nor acids are to be allowed, the following method may be uſed:

Take of

Hartſhorn Shavings, half a pound;

Barley-water, four quarts.

Boil away to half, then ſtrain, and add ſugar enough to make it of an agreeable ſweetneſs.

CALVES-FEET JELLY.

Boil two Calves Feet in one Gallon of Water, till it comes to a quart, then ſtrain it, and when it is cold ſkim the fat entirely off, and take the Jelly up clean; if there is any ſettling at the bottom leave it. Put the Jelly into

into a ſaucepan, with a pint of Mountain Wine, half a pound of Loaf Sugar, the Juice of four large Limons, and the white of ſix or eight Eggs, beat up with a whiſk; mix all well together, ſet the ſaucepan upon a clear fire, and ſtir the Jelly till it boils. When it has boiled a few minutes, pour it through a flannel bag, till it runs clear. Have now ready a large China-baſon, with ſome Limon-peel in it, cut as thin as poſſible, let the clear Jelly run upon them while warm, and from theſe it will acquire both an amber colour and an agreable flavour. Afterwards it may be poured into glaſſes.

CHAP. IV.

ISINGLASS

ISINGLASS JELLY.

Take of

Isinglass, one ounce;

Water, one quart;

Cloves, a quarter of an ounce.

Boil to a pint, and then strain the liquor through a flannel bag, upon four ounces of double-refined Sugar, and one gill of Mountain Wine.

When they are well mixed, pour the Jelly into glasses.

CHAP. IV.

CHAP. IV.

Of ADMINISTERING DIET.

IN the cure of diſeaſes, experience proves, how much depends upon a proper choice and adminiſtration of Diet.

We ſee one ſeries of diſorders, wherein the appetite, either from a bad habit, or from ſome morbid affection, craves ſuch things chiefly, as have a tendency to heighten the diſeaſe.

Another ſeries, in which the patient's whole fabrick being fully engaged, and ſtruggling with the diſeaſe, in order to conquer it, the ſtomach, (till

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in that conflict nature gets the better) loathes every kind of aliment, except ſuch as is fluid, and that only which conſiſts of pure water alone, or ſuch as is mixed with ſome vegetable ingredient; nay ſometimes, even this too, as for inſtance, when the ſtomach is either diſeaſed in its ſubſtance, or is loaded with morbid humours, or when the diſeaſe has vanquiſhed Nature, &c.

And we ſee in a third claſs, the ſtomach not affected, but diſpenſing with all kinds of food; yet theſe being taken indiſcriminately, the diſeaſe is not only nurſed, but the medicines, which uſually are the moſt efficacious in curing it, rendered entirely ineffectual.

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To give a particular explanation of those diseases, and of the effects mentioned, is not my business here; they are so very well known to every Proficient in Physic, that it may reasonably be concluded, whenever a Physician directs a plan of Diet, he first considers the past and present state of the patient, the state of the disease, and the qualities of the medicines which he prescribes.

It behoves the Patient therefore to regard his rules; the Nurse to see them punctually observed, and both to be cautious how they deviate from them; as fatal consequences may sometimes arise, from what may seem to have been but a trifling variation. The diet which is chose must be prepared either as directed in the pre-

ceding Chapter, or as the Phyſician ſhall order; who judging of the caſe before him, will make ſuch alterations as he finds needful.

In moſt diſeaſes, eſpecially in the Small Pox and putrid fevers, the patient's mouth ſhould be well waſhed, before any thing is taken into the ſtomach; and the cleaner it is kept in the intervals, the better.

The ſtomach muſt never be oppreſſed with much at a time; about half a pint is enough, and that ſhould be repeated only as nature indicates. This will generally be known by the patient's deſire of, or diſlike to it. I ſay generally, for in ſome caſes where there is great weakneſs, inſenſibility, or both, the patient may not be able

to

to give ſuch indications: And there are other caſes, (eſpecially fevers, which terminate badly) where the patient's thirſt is inſatiable. In either of theſe exigencies, the nurſe muſt proceed with diſcretion; that is, in the former ſhe muſt rouſe the patient every hour or two, and give a cup, or half a pint of ſuch drink as directed; and in the latter, ſhe muſt be cautious, and allow but ſparingly, till the Phyſician or Apothecary can be conſulted.

It is a vulgar error, and a very common one too, that a ſick perſon is to be ſupported by rich broths, by jellies, or by ſolid meat itſelf. The outcry is, that the Doctor will ſtarve him. Hence the relations (I muſt not call them friends) combine; the nurſe (I am ſorry to ſay it) becomes ſometimes

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a confederate; a nourishing and comfortable thing, as it is called, is soon invented; the deadly meals is dressed, and the unhappy patient is crammed in opposition to appetite, even though it may happen, that his constitution shudders at it! What is the consequence? It is this, such broths and jellies (allowing them sometimes to be relished) do not nourish, but serve to increase the febrile heat, which perhaps at this time is too great already; and the chylopœtick organs being not yet able to digest any solid food, if meat is eaten, it must remain in the stomach and intestines, and oppress them, till at last corrupting, the disease is heightened by this new addition of heat and putrefaction.

Nurses

Nurses take care! If you indulge relations, at the expence of the patient's life, how will you satisfy your conscience afterwards?

When you are obliged to act by yourselves, you are justifiable in acting to the best of your judgment; but when a Physical Person is concerned, whom you see watchful of every step which nature takes, and ready to give the necessary aid as soon as indicated, you may certainly rest satisfied, with only such as he allows: even though after the disease is conquered, and the appetite begins to crave, he directs you to give but sparingly for several days.

There are mistakes also with respect to lying-in women, which I cannot but

but take notice of, as for instance, First, It is often urged that the good woman may have some Chicken even the day she is delivered; and some who have a very athletick constitution will take it too, and yet get off with impunity. But then how often do we see women, after such repasts, seized with a fever, faintings, violent disorders in the bowels; then with a purging, and sometimes with other symptoms which are still more dangerous! Solid meat therefore should never be eaten before the third or fourth day, and then but very sparingly, till after the milk fever subsides, and the body has been duly relieved from indurated fæces. Secondly, those who do not suckle the child, are commonly debarred from drink during the milk fever, whereby the blood not being

being duly ſupplied, the milk, if not the whole fluids, becomes thick and viſcid, and forms obſtructions in the breaſts, &c. which often prove troubleſome, if not dangerous. As in the former caſes, ſo in theſe, it is always beſt to be directed by the Medical Perſon who attends.

CHAP. V.

CHAP. V.

Of Administering Medicines.

THE whole world hath ſeen, and ſtill muſt be convinced, how much the Cure of Diſeaſes depends upon a right choice and adminiſtration of Medicines; it is alſo well known, that the former wholly, and the directory Part of the latter, belongs properly to him who has made Phyſic his ſtudy as well as profeſſion, and therefore not to be treated of here: But as the executive part of the latter is left commonly to the Nurſe, and ſometimes to the Patient, a few cautions (it is preſumed) may be offered, which, errors ariſing either from neg-

left, or whim, and committed every day, render neceſſary.

We may reaſonably allow (as was obſerved with reſpect to Diet) that the Phyſician will conſider carefully, firſt, whatever relates to the diſeaſe, the conſtitution, &c. of the Patient; ſecondly, the nature and powers of the Medicines he preſcribes; and thirdly, the moſt elegant form or manner of compoſition, in which they can be given; it therefore may as reaſonably be concluded, that thoſe medicines ſhould be taken punctually according to his directions, and not altered without his knowledge, for every trifling ſymptom that may ariſe in the courſe of the diſeaſe, or for ſuch whims as may ariſe in the patient's fancy. If there is any material change expected to happen before his

next visit, he will commonly give notice thereof, and directions how to act accordingly; but whether he does or not, he ought always to be consulted before his plan is altered; for cases may happen, wherein if but one Medicine is neglected, it can never be administered again properly, and consequently the Patient may either be lost, or greatly injured.

There are circumstances with respect to some persons, and symptoms attending some diseases, which cannot be omitted here, seeing, that the former subject those persons, especially when sick, to great difficulty in conforming to the requisites of cure; and that the latter give them mistaken notions: As for instance, Some people are unfortunately prompted, or permitted in

their youth to indulge certain fears and apprehenſions, eſpecially the Fair Sex, who being thus enſlaved to ſuch, are thereby ſubjected to Hyſtericks, and Miſcarriages, &c. Others being bred up with ſtrong prejudices, and an exceſſive like, or diſlike of certain things cannot be perſuaded to comply with what is thought the propereſt method of cure, namely, a particular regimen, Bleeding, Vomiting, Bliſtering, &c. and thus their lives are often endangered, if not loſt. Or if they ſurvive, the cure is not only procraſtinated, but the future part of their lives often rendered very miſerable, by ſome conſequent diſeaſe remaining fixed in the Conſtitution.

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The Symptoms which give birth to miſtaken notions, are ſuch as follow:

Firſt, Reachings and Vomitings, which are variouſly produced, as for inſtance, from Pregnancy; from the miaſma of ſundry fevers; from diſeaſes in the ſubſtance of the ſtomach itſelf, or ſome other of the viſcera, with which that organ ſympathizes by means of nerves, from morbid humours accumulating within it, and vellicating its inner coat ſo much as to bring on ſpaſms; or from errors in eating and drinking, &c.

Theſe complaints ariſing from the above cauſes, are very common, and ſometimes continue awhile after the ſtomach has been properly waſhed; ſo that the medicines preſcribed, though

ever

ever so good, or so well adapted, are nauseated, and sometimes rejected. This to the Physician is no ways strange, for having investigated the disease, he discovers the cause; but not being so well known to the Patient, and to his attendants, a prejudice arises directly against the medicines, which being taken for the cause, the remainder of what was ordered is condemned and set aside. What is the consequence? Why, it commonly happens, that on the next visit the Physician finds the disease to be less alleviated than he expected, nay, perhaps worse, than if no medicines had been taken at all; and to his farther mortification, he often perceives either the Patient, his attendants, or both, disgusted so much with him, that he experiencies

experiencies more difficulty in curing their diſtempered minds, than in removing the diſeaſe for which he was employed.

Secondly, When acidities, or other bad humours affecting the firſt paſſages, are to be gradually corrected or altered, it is not unuſual for a commotion, and then a flatulency to ariſe, and occaſion an uneaſineſs in the ſtomach, &c. immediately after each doſe of the medicine is taken. Now although theſe proceed neither from an error in the preſcriber, nor in the medicine, but are effects medically produced till the humours are corrected and expelled, they both nevertheleſs ſuffer commonly the ſame cenſure as hath been obſerved in caſes of Reaching and Vomiting.

Thirdly,

Thirdly, Through the courſe of many diſeaſes, particularly fevers, it commonly happens, that the patient hath little or no inclination to eat, till nature has gained the victory. But this not being rightly underſtood by either him or his attendants, an outcry is made, that he will never have an appetite whilſt he takes medicines. Hence the remonſtrances of the Phyſician are over ruled, and the remedies are diſcontinued; yet the appetite doth not recover, nor does the caſe grow better, but rather worſe. The reaſon is obvious, if they would but only obſerve, that as the diſeaſe is cured, the appetite in conſequence will revive.

Fourthly, As the cure of diſeaſes which are very ſtubborn, hence tedious, require

requires usually a long course of medicines, even of those whose operations can be known but obscurely, if at all by the patient, he is therefore out of humour, and becomes either irregular in the use of the remedies, or leaves them entirely off. Besides, the disease being still uncured, he quarrels with his Physician, (though perhaps he has been conducted by him through the most difficult stages of his illness) and not uncommonly sends for another, who, if not so honest as to undeceive him, enjoys the honour which was due to the former.

It is too common a case for some persons to be very soon prejudiced with the conduct of others, and even for trifles, to mistrust their abilities wholly;

wholly; sometimes not scrupling to go so far as to reproach them unfairly, though their character (which is a jewel of much value to a Medical Man) may be injured by it. But setting this aside, it is here wished that they would befriend themselves, by attending to the truths above hinted; and steadily persevere in the use of such means as are offered, for the sake only of their own lives and future healths.

By these observations, I do not mean to screen any unskilful, or improper use that may be made of medicine, or to raise it into higher esteem than what it deserves; on the contrary, it is my real opinion, that he who knows his business best, will

most

make it his constant care to heal with fewest medicines; and will always be most ready to resign his patient to diet alone, so soon as he knows it can be done with safety.

The use of Clysters is often of great moment, and as their administration is commonly now resigned to the Nurse, it behoves her therefore to be very expert in this part of her office; for if she is not, the Patient is not only disgusted, but is often injured. For these reasons she ought always to have in readiness an armed pipe, the point of which should be made smooth, and as free as possible from any edge or roughness, that may cause pain or uneasiness.

As

As to the operation, if she is not perfectly skilled in it, she may do it in the following manner:

The Bed being prepared with a sufficiency of cloaths to keep it dry, the Patient must be placed on his left side across it, with the knees forwards, and then covered decently; the clyster being likewise prepared, and brought to that moderate degree of heat, called milk warm, must be poured into the bladder, and secured, by tying the opening; which being done, and the pipe anointed, the whole must be placed in the bed, near to the Patient. The Nurse now must pass the point of her left fore finger (the nail being cut short) close to the Anus, or a little within it, and then slide the pipe along this finger, till the greatest part

of

of it is entirely introduced. In doing this the pipe muſt be directed a little backwards, taking care not to puſh it againſt any part ſo much as to cauſe pain. When thus introduced, its outer end muſt be held faſt, whilſt with the other, ſhe takes hold of the ſtring, and pulls out the cork; when this is done, the bladder muſt be graſped with both hands, and the contents forced up, keeping the pipe in its place at the ſame time. When the Clyſter has been preſſed out of the bladder, the pipe muſt be withdrawn, and that directly, eſpecially if there enſues a forcing, the patient muſt get upon the chair, and aſſiſt himſelf, as occaſion requires.

Some uſe a Syringe for this purpoſe, with a flexible leather tube fixed be-

tween

between the Cylinder and Pipe, by which means it is rendered ſo convenient, that the Patient may uſe it himſelf.

There is alſo another Syringe invented, with two ſuch tubes, each of which is ſupplied with a valve in oppoſite directions, ſo that when one pipe is placed in the fluid, and the other in the Anus, a large quantity may be thrown up; nay, I have known above a gallon thus injected, in order to reach the part of the inteſtinal tube which was obſtructed. This Syringe is very uſeful, but as it ſhould be employed only by a ſkilful Surgeon, a farther account of it here would be needleſs.

And

And moreover there is an inſtrument with a flexible tube, for conveying the fumes of Tobacco into the Inteſtines; which operation belongs properly to ſurgery alſo.

FINIS.

MVSEVM
BRITAN
NICVM

FINIS.

ERRATA.

Page 13. line 9. for *adviſable*, read *adviſeable*

Page 79. the Batter Pudding without Eggs, requires *ſix ſpoonfuls of flour*; *and when all the ingredients have been well mixed, they muſt be boiled an hour.*

Page 80. line 3. for *three ounces*, read *one ounce and an half.*

Page 83. in Blanc Manger, *three or four leaves of the common Laurel will give a better flavour than that of the Bay.*

CHAP. V.

Of Administering Medicines.

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